FOOD FOR THOUGHT
NO NEED TO WAIT AN HOUR BEFORE A SWIM, EXPERT SAYS {page 10}

HERO CHARM
CAPTAIN AMERICA ACTOR WANTS TO STAY GROUNDED

{page 8}

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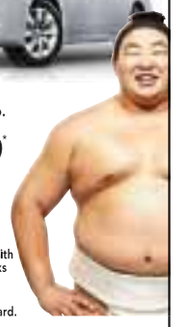

Passengers. Wanted

▶ The Winnipeg Airports Authority is looking for a few fake passengers to help test-fly its new 51,000-square-metre terminal as it prepares to open to the public in October. Story, page 2.

WINNIPEG AIRPORTS AUTHORITY

Preparing for takeoff

Fatal fire suspect was on probation at time of blaze

- Death toll reaches five after man in hospital dies yesterday
- Sixth person trapped in house now in stable condition

JAMES TURNER
@METRONEWS.CA

The woman accused of killing five people following a Winnipeg rooming-house fire was freed from jail after assaulting a relative just days before the blaze, according to court records.

Documents also show that same relative was at the home at the time it went up in flames.

On July 13, before Saturday's devastating fire at 288 Austin St. N., a judge barred Lulonda Lynn Flett from going near her sister-in-law.

The relative was at the rooming house at the time of the fire but escaped unharmed.

In court records, police identify the in-law as one of three attempted murder victims in the case.

Fire victims

- Norman Darius Anderson, 22
- Dean James Stranden, 44
- Kenneth Bradley Monkman, 49
- Robert Curtis Laforte, 56
- Maureen Claire Harper, 54

Three days prior to the fire, Flett, 40, pleaded guilty and was sentenced by Judge Don Slough for kicking and punching the woman during a November 2009 inner-city incident.

It remains Flett's only criminal conviction.

Slough agreed to release the mother of six on the condition she be supervised by probation officials for a one-year period and stay away from her sister-in-law.

"Stay away from her," Slough told her, after it appeared Flett was confused about the implications of the stay-away order.

"OK," she said.

Flett was arrested at a bar on Main Street about 14 hours after the fatal fire.

Police allege she approached the front of the rooming house, poured some kind of flammable substance and lit it.

When announcing the arrest, police also alleged Flett may have been engaged in a dispute with a woman who lived at the home.

That person fled the home and escaped injury, said police.

Flett, who hails from Norway House, remains in custody, charged with five counts of second-degree murder as well as attempted murder.

Her case returns to court on Friday. She has not applied for bail.

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1 news

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On the web at metronews.ca

Can investors ever look forward to good news on U.S. job growth? Allan Small has more at metronews.ca/investing.

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WAA now boarding volunteers

Would-be travellers who may not have any flights upcoming on their horizons can still play passenger at the new Winnipeg James Armstrong Richardson International Airport.

The Winnipeg Airports Authority is seeking a diverse group of 1,300 volunteers to test its new $585-million terminal's check-in, baggage handling and other passenger-flow features in advance of its official opening in the fall.

"This is an exciting phase in bringing the new facility online," said Barry Rempel, president and CEO of the Winnipeg Airports Authority. "We look forward to working with the community to test and trial the airport to ensure systems and processes perform in the manner which they were designed and intended."

Volunteers can register individually or as groups of up to six for trials starting at the end of August. The WAA is expecting to make final adjustments to the terminal using volunteer surveys and feedback.

"The public trials allow us to test the systems, provide feedback and allow us to do any last-minute tweaks or way-finding," said WAA spokeswoman Christine Alongi.

Volunteers can register at waa.ca/waa/community/trials. A 3D fly-through of the terminal is also available online.

The new terminal is slated to open Oct. 30.

CRYSTAL LADERAS

WINNIPEG AIRPORTS AUTHORITY

▶ WAA's new terminal under wraps.

'Crime scene was his cash register'

Owner of popular Falafel Place on Corydon Avenue has year to pay off court fine for tax evasion

A well-liked Corydon Avenue restaurateur won't face jail for tax evasion and failing to pay the federal government correct amounts of GST, a judge has ruled.

Instead, Emanuel (Ami) Hassan must pay a court fine just shy of $68,000 after admitting to willfully evading paying tax on more than $325,000 in income from his bustling Falafel Place diner and skirting GST payments on nearly $350,000 in sales.

Hassan has already settled his tax issues with the government, but he also faced prosecution for what Judge Rocky Pollack called a "three-year, third-of-a-million-dollar lie about his income."

In his decision yesterday, Pollack said Hassan made more than a dozen misleading statements to auditors, but he has "remarkably changed his habits."

Still, said Pollack, a fair taxation system in Canada depends on people being honest.

"This offender's crime scene was his cash register, right in front of his customers, as they … ordered treats for their grandchildren, negotiated business deals and just enjoyed a popular eatery," Pollack said.

Hassan — whose comical outbursts toward lingering customers is a theatre Winnipeggers have enjoyed for more than 20 years — has enjoyed immense community support and should be able to "bury the stigma" of his behaviour, the judge noted.

JAMES TURNER

JAMES TURNER/METRO

▶ Falafel Place On Corydon Avenue.

Your votes for best cruise spot

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— *Sabrina Frampton*

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Regent Avenue

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— *C. George*

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Finds of the Fringe

Alphonse
Alphonse's journey is a winding and sometimes confusing one — but since it's the journey from childhood to adulthood, could it be any less?

There are two journeys in Wajdi Mouawad's beautifully written script. One belongs to Alphonse, who "accidentally" runs away from home, launching a search for the young boy. The other is the journey of Pierre-Paul Rene, Alphonse's imaginary friend, who travels in a much more fantastical world — until the two worlds collide, and childhood crashes into adulthood.

JOFF SCHMIDT/CBC REVIEW CREW

Back Where We Started
RobYn Slade is good at what she does. In Back Where We Started, Slade and co-star Shelby Bond recount the relationship of a couple in love gone-wrong, using a rope as pretty much their only prop. They have good chemistry and timing, and deliver non-stop laughs.

RUTH SHEAD/CBC REVIEW CREW

Hip. Bang! Improv
Tom Hill and Devin Mackenzie deliver 45 minutes of comedy driven by one suggestion — a single word.

The word was "snow" and Hill and Mackenzie pull off some funny bits, too — particularly one about Jenny, a ring finger, and Grant, the mortally freezing pinky that she is inextricably tied to by skin and reflexes.

KELLY STIFORA/CBC REVIEW CREW

Scan the code for full reviews and more.

Hydro resolves issues

Manitobans were asked to unplug electronics, decrease air conditioning

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

Record temperatures and a faulty electrical substation drove up power use on Sunday, prompting an appeal from Manitoba Hydro for people to ease off the air conditioning and try and conserve electricity.

Five thousand Winnipeg homes were without electricity for a few hours in the morning.

Manitoba Hydro asked people to unplug electronics and leave their thermostat dials alone Sunday while it restored a malfunctioning substation on Scotland Avenue.

Hydro managed to restore power to 1,600 customers in the Fort Rouge-River Heights area by 6 a.m., while the remaining outages were solved by 9 a.m.

Traffic lights in the area also needed to be resynchronized.

"There was a real strain on our system in distributing power to Winnipeg because we did not have that Scotland station in operation and we were working on getting it back online," said Manitoba Hydro's Anita Mitchell.

Hydro crews fixed the problem and lifted the appeal for cutbacks yesterday morning, though Mitchell said power use was unusually high.

"Normally our high usage occurs during the week when businesses are operating … Summer is normally not where we record our peak," she said.

According to Environment Canada, temperatures peaked at 34 C, causing many Manitobans to reach for their thermostat dials.

Mitchell encouraged customers to save energy and money.

"If you're leaving your home, perhaps you don't need the air conditioning on at full tilt. You might want to set the thermostat higher to 25 C instead of 21 C."

METRO

▶ With temperatures soaring, many Manitobans are cranking up the air conditioning, drawing a lot of power.

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Driver courtesy tossed out car window: Survey

Some 75 per cent of Canadian motorists say other drivers are rude, incompetent Experts call for return of the simple hand wave

DARRYL DYCK/THE CANADIAN PRESS

▶ A motorist uses a cellphone with a dog on her lap while driving across the Lions Gate Bridge into Vancouver. In a new survey by the Canadian Automobile Association, Canadians say drivers are more annoying than they were five years ago.

Are motorists doing more irritating things than ever? Is the traffic "thank you" wave dead?

Drivers polled for the Canadian Automobile Association think so. The survey, released yesterday, found three out of four Canadians feel drivers are showing more annoying habits today than they were five years ago, compared to just two per cent who said other drivers have grown less irritating.

Numerous surveys and ongoing research by the Insurance Corporation of B.C. also show driver courtesy is eroding, said ICBC psychologist John Vavrik.

"People generally feel there's a lack of courtesy, there's a lot of anger out there and people are concerned about running into aggressive drivers," he said.

"The odds are that if we're civil to other people, most — not all — but most will be civil back."
IAN JACK, SPOKESMAN, CANADIAN AUTOMOBILE ASSOCIATION

Topping the list of bad manners in the CAA survey are road rage and being cut off in traffic, with 86 per cent citing those behaviours. Texting or talking on the phone, tailgating, failing to use signals and tossing trash out the window also rank high on the list of irritations.

"They're all the sorts of things that we were told when we took driving lessons, or did our driving test and first got our licence, that we really shouldn't do," said Ian Jack, a CAA spokesman.

The problem has become so pronounced in B.C. that ICBC launched an advertising campaign reminding people to indicate they're thankful for a traffic kindness.

"We're tying to resurrect the wave," Vavrik said of the simple tip of the hand that is increasingly rare on Canadian roads.

It's not just an issue of bad manners, either. Vavrik said hot-headed drivers are impaired because they don't recognize hazards and make poor judgments.

It's a problem that could lead to injury or even death, Jack said.

"These habits that seem a little bit uncivil are the same ones that could lead you or your loved ones to be killed one day," he said. "This isn't a matter of wearing white gloves and extending your pinky as you turn left and turn right. It's a matter of literally life and death for hundreds of Canadians every year." THE CANADIAN PRESS

Big win, Large heart: Jackpot donor dies

MICHAEL GORMAN/THE CANADIAN PRESS

▶ Allen and Violet Large after their win in 2010

A Nova Scotia woman who made headlines around the world for giving away most of a multimillion-dollar lottery win has died.

Violet Large died Saturday at a hospital in Truro at the age of 79. Large and her husband, Allen, won $11.2 million in a Lotto 649 jackpot last year. But rather than spend their winnings, the Lower Truro couple quietly gave away most of the fortune to family, friends, churches, charities, fire halls and hospitals where Large was treated for ovarian cancer.

After their win, the Larges said they were content to continue living in their tiny 147-year-old house.

They said they weren't "travellers" or "bar-hoppers" and had decided a week before collecting their cheque to give most of the money away.
THE CANADIAN PRESS

BIENNIAL CONVENTION

Lutherans welcome gay clergy, marriage

Gays and lesbians will be allowed to become ministers in the Evangelical Lutheran Church in Canada after a vote by delegates at the church's biennial convention in Saskatoon.

Delegates voted 205 to 114 in favour of a motion that sexual orientation does not disqualify a candidate for the ministry. Delegates also voted 192 to 132 to allow ministers to conduct or bless same-sex marriages, according to their consciences.

The Evangelical Lutheran Church is Canada's largest Lutheran denomination, with 152,500 baptized members in 607 congregations.

The Evangelical Lutheran Church in America voted to permit non-celibate gays and lesbians as clergy in 2009.
THE CANADIAN PRESS

Weather a priority after stage collapse at festival

The executive director of the Ottawa Bluesfest says he's looking at a closer liaison with the weather office in the wake of a violent summer gale that toppled the main stage at the festival on Sunday.

"Definitely, it's something we're going to be looking into," Mark Monahan said, adding that the festival routinely monitors weather conditions, but the weekend incident was an anomaly.

"We were monitoring the weather and what was a watch turned into a more severe situation," he said.

Monahan said the Sunday storm came in fast and left fast. "It was a very unusual situation. The fact that it brought that stage down and nothing else came down in the park was just a freak situation."

The big stage collapsed as howling winds blew into the middle of a Cheap Trick performance. Thousands of people scurried for cover as scaffolding buckled and collapsed.

At least four people were injured, but Monahan said they have all been released from hospital.

He said the stage was a rental from a Montreal firm and was inspected regularly during the festival. The Ministry of Labour is surveying the site.

"Once the ministry gives us their report, we're going to evaluate that," Monahan said.

He said the festival can't stop every time the weather deteriorates.

"We deal with weather every day and we don't automatically call a show because we have weather we see coming in, because if we did that, we wouldn't be able to run a festival."
THE CANADIAN PRESS

Sight gone for good

A University of British Columbia graduate student whose eyes were gouged in an attack during a trip home to Bangladesh will not see again, doctors say.

Rumana Monzur, 33, was attacked in June during a trip home to Dhaka, Bangladesh. Her husband is in custody.

She returned to Vancouver this month for medical treatment, but a statement from the university says after four surgeries, doctors have determined her injuries cannot be repaired.
THE CANADIAN PRESS

Family run raises $22K

A family who ran 600 kilometres from Vernon, B.C., to Vancouver has raised $22,000 for cancer research.

Six children ranging in age from six to 15 in the Preston-Gosselin clan left their home on Canada Day and finished the run two weeks later.

They exceeded their goal of raising $20,000, with cash from a text-to-donate number still coming in.

The run was inspired by Terry Fox's cross-country Marathon of Hope in 1980.
THE CANADIAN PRESS

Tabloid hacking scandal heats up

- Upheaval triggered in upper ranks of U.K. police
- Billions knocked off value of Murdoch's News Corp.

Britain's tabloid phone-hacking scandal enveloped the London police force yesterday with the rapid-fire resignations of two top officers and claims of possible illegal eavesdropping, bribery and collusion. U.K. officials immediately vowed to investigate.

Prime Minister David Cameron, feeling the political heat from his own close ties to individuals within Rupert Murdoch's media empire, cut short his trip to Africa and called an emergency session of Parliament for tomorrow to address lawmakers on the scandal.

U.K. lawmakers will grill Murdoch, his son James and Rebekah Brooks, the ousted chief executive of Murdoch's U.K. newspaper arm, in a widely anticipated televised public hearing on the scandal today.

Lawmakers hope to learn more about the scale of phone hacking by U.K. journalists and who — if anyone — in Murdoch's empire was aware of what allegedly took place at the now-defunct News of the World tabloid.

Assistant Commissioner John Yates — Scotland Yard's top anti-terrorist officer — and police Chief Paul Stephenson have resigned for links to an arrested former executive from Murdoch's News of the World tabloid.

THE ASSOCIATED PRESS

Whistleblower

- One of the whistleblowers on the phone hacking — former News of the World journalist Sean Hoare — was found dead yesterday about 40 km northwest of London.
- Police said the death was being treated as unexplained but was not considered suspicious.
- Hoare was quoted by The New York Times as saying that phone hacking was widely used and even encouraged at the News of the World under then-editor Andy Coulson, who was arrested as part of the hacking investigation.

Demands. India

▶ Indian police detain Jammu Kashmir state government employees as they shout slogans during a protest in Srinagar, India, yesterday.

MUKHTAR KHAN/THE ASSOCIATED PRESS

State workers cry out for more

India's Jammu Kashmir state employees wanted payment of arrears in salaries, raising of retirement age and other demands.

Sectarian strife erupts in Syria

The discovery of three mutilated corpses set off a wave of sectarian bloodshed that killed up to 30 people over the weekend in central Syria, a dangerous escalation in violence stemming from the country's four-month-old uprising, activists said yesterday.

The killings were a troubling sign that the revolt against President Bashar Assad's regime is enflaming tensions among Syria's volatile mix of religions. Most Syrians are Sunni Muslim, but Assad and the ruling elite belong to the minority Alawite sect.

Rami Abdul-Rahman, the director of the London-based Syrian Observatory for Human Rights, said the violence began Saturday after the dismembered bodies of three Alawite government supporters were dumped in Homs, a focal point of the uprising.

The next day, six bodies from various sects were found dumped in the city, apparently in revenge attacks, a Homs resident said. Pro-government thugs called shabiha open fired in predominantly Sunni neighbourhoods in Homs, the resident added.

"It was a catastrophe, the situation could easily have slipped out of control," he said, adding the situation calmed down but tensions are high.

Sectarian warfare is a worst-case scenario. Syria is home to more than one million refugees from Iraq, who serve as a clear testament to the dangers of regime collapse and fracture in a religiously divided society. They also see the seemingly intractable sectarian tensions in Lebanon as a cautionary tale.

THE ASSOCIATED PRESS

Death toll

- Human-rights groups say more than 1,600 people, most unarmed civilians, have been killed in the crackdown on protestors calling for a regime change.
- Some 350 soldiers and police officers are also believed to have died.
- The government disputes the toll, blaming the unrest on gunmen and religious extremists looking to stir up sectarian strife.

Pair surrender in alleged kidnapping

A rabbi and his wife surrendered to the FBI yesterday on charges that they abducted an Israeli man, beat him and threatened to bury him alive if he didn't give his wife a divorce.

The case in U.S. federal court marks a strange twist in a chain of events that started with a divorce dispute in Israel's Rabbinical Court over the victim's refusal to give his wife a "get," an Orthodox Jewish divorce document permitting a wife to remarry.

David Wax, 49, and Judy Wax, 47, were released on $500,000 US bond each. They could face life sentences if convicted by a grand jury. THE ASSOCIATED PRESS

Second arrest for Iranian blogger

A dissident Iranian actress and blogger was arrested as she prepared to leave for Germany to write a blog for the Deutsche Welle radio station about the women's soccer World Cup, the semi-official ISNA news agency said yesterday.

Pegah Ahangarani, 27, was arrested last week, ISNA said, citing the prosecutor's office in Tehran. She had been arrested briefly in 2009 after the disputed presidential elections over charges of playing a role in the post-election riots. The broadcaster urged Iranian authorities to release her.

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RETIREMENT SAVINGS

Feds start pension plan tour

The federal government is launching a cross-country tour to discuss the potential for pooled registered pension plans as another option to help Canadians save for retirement.

The plans would give small businesses and self-employed people more resources to set up retirement programs for employees by allowing employers to pool money with other employers.

Pooled plans would be managed by a regulated financial institution, which would decrease the cost for a small employer.

The government has said a high level of regulatory harmonization across federal and provincial governments will be required to increase the scale of such plans.

Potential tax changes to accommodate the tax plans would be developed by the federal government.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
- 45.40 (13,254.14)	- 0.50¢ (104.29¢ US)	- $95.93 US ($1.31 US)	$4.524 (+ 1¢)	$1,602.40 (+ $12.30)

DAVID COOPER/TORSTAR NEWS SERVICE

▶ TTC passengers line up for shuttle buses in Toronto. During the first quarter of the year, overall employment in the city rose by just under two per cent, with many of the jobs being of relatively high quality. More than 80 per cent of the increase in employment over the past quarter was in full-time positions.

T.O. top performer: Report

◐ Winnipeg ranks third in economic report ◐ Shows steady improvement

A vibrant labour and housing market has pushed Toronto to the top of CIBC's list of best-performing Canadian metropolitan economies, according to a report released yesterday.

Kitchener, ranked second, was followed by Winnipeg, Regina and Montreal.

The bank's Canadian Metropolitan Economic Activity Index found the economy in Canada's largest city is firing on multiple cylinders, driving it to the top spot among the country's biggest 25 cities.

Its first-place ranking is largely due to its vibrant labour and housing market, CIBC deputy chief economist Benjamin Tal wrote in the report.

Toronto's robust activity has outpaced the national average by a wide margin, with the real estate market remaining one of the hottest in the country.

Third-ranking Winnipeg saw steady improvements after the recession.

"The positive momentum in Winnipeg is a relatively new development," Tal said.

"During the recession, the city followed the trajectory of the national economy very closely. However, recent quarters have seen the city outperforming the national average, with the performance gap currently at a record high."

Regina continues to experience a growing population and job market, with the second-lowest employment rate in the country.

St. John, N.B., Thunder Bay, Ont., and Saguenay, Que. posted negative growth. THE CANADIAN PRESS

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Future of Murdoch empire in doubt

James Murdoch scaled the rungs of the global media empire that his father built.

Now scandal may derail the succession of the multi-billion-dollar business.

Founder Rupert Murdoch, 80, has long expressed a wish to hand his publicly traded News Corp. to his offspring, and he retains the voting power to make key decisions.

But shareholders and board members are said to be troubled by revelations of wrongdoing and feel fresh leadership is needed.

A pivotal moment comes today when the media mogul and his son testify before British lawmakers investigating the hacking and alleged police bribery at a now-shuttered tabloid, News of the World.

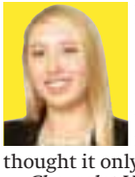
Accusations reached deeper levels with the arrest of Rebekah Brooks, former head of his British newspaper unit.

THE ASSOCIATED PRESS

HERE'S TO 250 KM WORTH OF MEMORIES

SHE SAYS ...

JESSICA NAPIER
METRO



After 14 years, my parents are finally giving up their ancient minivan and upgrading to something a bit more appropriate for their retiree years. And as much as I hate that rusting seven-seater beast, I'm also bit nostalgic.

I found myself getting strangely emotional as the "$250 or best offer" ad went up on Craigslist. In saying sayonara to that minivan, I'm hammering another nail into the coffin of my youth. And so, I thought it only fitting to write a proper eulogy:

Chevrolet Venture, Forest Green
August 1997 – July 2011

I remember the day we brought you home, all shiny and full of promise. Those automatic sliding doors and rear headphone jacks were the epitome of automobile innovation in the mid-90s. You were never cool, but as a 12-year-old I thought you were a pretty big deal.

I crawled across those seats thousands of times as you shuttled us to school dances and part-time jobs at the mall. Your roomy interior was perfect for a date at the drive-in or an out-of-town tennis tournament.

There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

You gave me my first taste of independence as I sat behind the wheel and learned how to drive.

When Mom and Dad were out of town, you took us to the liquor store so we could buy hard lemonade with our fake IDs.

You were there when I packed up my childhood in laundry baskets and moved to university. I slumped against your weathered exterior and held back the tears as I told my parents to leave because they were embarrassing me.

You came back for me when I had to move home and look for a job, and again when I moved to my grown-up apartment in the city. You were old and slow at that point, but my god you could carry a lot of boxes.

You've grown tired over the years — two kids, multiple moves and endless trips to IKEA have taken a toll on your once state-of-the-art interior. There have been signs that this day would come: Broken power doors, failed air conditioning, a glove compartment sealed with duct tape. Finally, with windows jammed shut and a tendency to overheat on the highway, you've become a hazard.

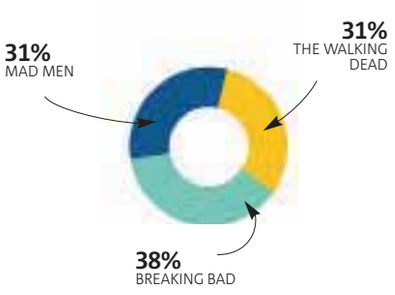
It's hard to say goodbye to something that's been around for over half of my life, even if that thing is a piece of scrap metal. But alas, the time has come.

Here's to 250 kilometres and over a decade of memories. Rest in pieces, old friend.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Welcome back, Breaking Bad. Which is the better AMC drama?



Local tweets

- **@lukemiguez:** Weather Network saying that tomorrow the humidex in #Winnipeg will hit 46C, guess we'll be running the AC on all day.
- **@kylemykn:** Did I just see Eugene Levy begging for change downtown? #winnipeg #doppleganger
- **@sillysgirl87:** How can this cab not have the air conditioning running on a day like today?! #melting #winnipeg
- **@cobosmash:** I still think it's pretty crazy that I live in a place where the temperature can swing from -35ºc - +35ºc. #winnipeg #heatwave
- **@vidbuff:** How hot is it? Hot enough that I want december. #Winnipeg is hot today. And I wore a sweater. (Twitter poetry)
- **@larrystefanuik:** #winnipeg Today seems to be stupid drivers in brown pickup trucks day, guess I didn't see it on the calendar.
- **@DalydeGagne:** Complaining and obsessing about heat makes it seem hotter, for the one who complains and those who have to listen to it. #winnipeg

Worth Mentioning

RECORD. The culmination of the Women's World Cup final between Japan and the United States set a new record for tweets per second, eclipsing recent news events such as the wedding of Prince William and Kate and the death of Osama bin Laden.

Japan twice came from behind to draw 2-2 with the U.S. after extra time before winning a penalty shootout on Sunday in Frankfurt, Germany, and lifting the trophy for the first time.

The exciting climax drew 7,196 tweets per second, according to Twitter. Paraguay's penalty shootout win over Brazil in a Copa America quarter-final later the same day came close to beating it with 7,166 and is now second on the list.

The previous record of 6,939 was set just after midnight in Japan on New Year's Day. Other spikes include bin Laden's death (5,106 per second) and the Super Bowl in February (4,064).

Sunday's record-breaking figures reflect a sharp rise in Twitter usage. Its users now send 200-million tweets per day, compared to 10 million two years ago.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Watch out — these condiments are hot

Austrian police say thieves have made off with an unusual heist —21 tonnes of mustard and ketchup.

The loot was in a semitrailer parked in a lot over the weekend northwest of Vienna.

Police say the truck driver showed up yesterday to deliver his cargo only to see the trailer missing.

Police assume the thieves were more interested in the trailer than its contents.

Authorities had no price tag for the stolen condiments but said the trailer was worth about 15,000 euros — more than $20,000 US.

THE ASSOCIATED PRESS

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2 scene

Chris Evans vs. the world

Captain America star chats with Metro about the pressure of fame and the comforts of home

NED EHRBAR
METRO WORLD NEWS
SCENE@METRONEWS.CA

HANDOUT

▶ Chris Evans stars in Captain America: The First Avenger, a film based on a comic series published by Marvel Comics.

Chris Evans know his life is changing, and he's been trying to prepare for it.
With the release of Captain America: The First Avenger, the Boston native is experiencing a new level of visibility, with his face on posters, billboards and toys around the world. Metro sat down with the charming and affable Evans for a candid chat about being a superhero, getting advice from Iron Man and going home again.

So now that the big week is here, how has it been?
It's been OK, it's been OK. I think in my head I made it a lot worse than it was going to be, preparing for the worst. We'll see if things change when the movie comes out. Hopefully it won't, hopefully things will stay the same. I like my privacy. It's not like I don't leave the house. I just like kind of being able to do normal things. I like being able to go to a farmers market or a gym or a grocery store, you know what I mean?

Is it weird to have the movie opening the same weekend as Comic-Con?
If the fan reaction is good, it'll be great. If the fan reaction's not good it could be a wildfire of disaster. You never know with these things. They're so picky, and you just want to make sure they're happy, because without them, we don't make these movies.

And now you're playing Captain America again in the Avengers, which is currently in production. How is it reprising the role so quickly?
I mean, it is what it is, and I obviously would've liked more of a break, but no such luck. So you know, you deal with it. It's OK. I mean, I don't know. There are certain things that you struggle with, and then you have to stop yourself and say, "Wait a minute, but Chris, this really is such an insignificant obstacle, let's not make a meal out of it." So reprising the role is no problem, it's no problem. Loving every second of it.

And now you're part of an ensemble, with Robert Downey Jr. as Iron Man, Chris Hemsworth as Thor, Mark Ruffalo as the Hulk...
I love being part of an ensemble. If I had my way, I'd only do ensemble movies. I love having a group and a team. It's just a more fun experience for me when there's a bunch of us to share it with.

You've mentioned that Robert Downey Jr. has been giving you lots of advice.
He's the best, man. He's given me a few pieces of wisdom. I've talked to him about stress and insecurity and the stuff that I struggle with when it comes to doing interviews and dealing with celebrity, and he said, "Look Chris, the way you cope with this is by talking about it. The healthiest thing you can do is bring it to the surface. Don't try to deal with it on your own." He's got a very healthy sense of wisdom about him. He's been through a lot.

You played a great parody of a conceited movie star in Scott Pilgrim vs. the World. What do you do to make sure that you never become like that yourself?
(laughs) That's a good question. I've got a great group of friends and family. I know it's a cliché answer, but it's true. My friends and family are just fantastic. They're all back in Boston, and they all just keep you grounded.

Now that you've bought a home in Boston, how much time do you still have to spend in L.A.?
Well, none if I don't want to. It's up to me how much I want to pursue becoming a giant movie star. Some actors, they finish working and they get right back to the grind of finding their next gig. I don't know if I'll be that driven to find the next job right away. As soon as we finish Avengers, I'll probably go back to Boston for a while.

Ja Rule sentenced

Rapper and actor Ja Rule was sentenced yesterday to more than two years in federal prison for failing to file income tax returns, and said a combination of youthful inexperience, bad advice and an inability to manage fame and fortune lead to his financial troubles.

"I in no way attempted to deceive the government or do anything illegal," he said, minutes before being sentenced in a New Jersey federal court.

"I was a young man who made a lot of money — I'm getting a little choked up — I didn't know how to deal with this and didn't have people to guide me, so I made mistakes."
THE ASSOCIATED PRESS

Charlie Sheen to return in new sitcom based on the film Anger Management

DVD Releases

Buy it ◍◍◍◍◍ | Rent it ◍◍◍◍ | Borrow it ◍◍◍ | Yawn ◍◍ | Don't bother ◍

Rango

Genre: Animated
Director: Gore Verbinski
Stars: Johnny Depp, Isla Fisher, Timothy Olyphant
◍◍◍

Just reading the ingredients of Rango's strange stew is enough to leave you as goggle-eyed as Johnny Depp's title lizard, a reptilian thespian lost in a Wild West burgh called Dirt.

You could imagine director Gore Verbinski and the resourceful Depp hatching Rango around a campfire or bong. The film is a combo western parody and Chinatown homage, by way of a Hunter S. Thompson drug hallucination and Roald Dahl adventure, with hat tips to The Wizard of Oz, Apocalypse Now, 2001: A Space Odyssey and other film milestones.

Rango is not really for children, despite the vivid animation by Industrial Light & Magic, which now seeks to challenge Pixar and DreamWorks. There are some scary things in it, notably a vicious serpent called Rattlesnake Jake, and the tale runs a tad long at 107 minutes.

But braver and more pop-savvy older kids will find it all a hoot — and so will adults. ◍ PETER HOWELL

Limitless

Genre: Sci-fi
Director: Neil Burger
Stars: Bradley Cooper, Robert De Niro
◍◍½

Limitless is all about pushing limits, and more than just the super genius IQ that Eddie Morra (Bradley Cooper) acquires through an experimental drug.

Directed by Neil Burger (The Illusionist), the film makes some dumb moves, but overall it's smart entertainment that even manages to make co-star Robert De Niro sound fully engaged.

Imagine if you could remember everything you've seen, heard and learned in your life, immediately summoning it with boundless energy.

All thanks to the mysterious NZT, delivered via a pill that looks like a clear button. It transforms Eddie from a down-and-out writer into a Wall Street winner. ◍ PETER HOWELL

Bieber, Gomez: Wedding crashers

Couple surprises guests at a Malibu wedding over the weekend

Justin Bieber and girlfriend Selena Gomez can reportedly add wedding crashing to their list of favourite activities, as the pair dropped in on a fancy Malibu wedding over the weekend, according to TMZ.

Sources say Bieber and Gomez were strolling on the beach when they heard his song One Less Lonely Girl playing at a nearby reception, so they decided to drop in. Luckily, they were more than welcome.

"We just crashed it. We heard a party so we decided to just come. So let's party," Bieber told guests when the groom introduced him to the crowd. METRO

GETTY IMAGES

▶ Justin Bieber and Selena Gomez

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Kate to visit Queen in Scotland

Having successfully wooed Hollywood during her royal visit, Princess Katherine has another high-stakes trip on her schedule: spending time with Queen Elizabeth in Scotland at the end of August, according to the Telegraph.

"This is quite an important visit for Kate because, believe it or not, the Queen does not really know her very well at all," a source says. "Kate has never had an invitation before to stay at Balmoral, but she is family now and the Queen wants to get to know her." METRO

GETTY IMAGES

▶ Princess Katherine

Talking points

No wedding for Brad and Angelina, yet

Reports of an upcoming wedding for Angelina Jolie and Brad Pitt are greatly exaggerated, at least according to their local mayor in the south of France. "There are no plans for them to marry that I know of — and I would know," Michaël Latz, mayor of Correns, tells People magazine. Sources had told Us Weekly that the famous couple would be marrying in Correns' village. "Every year, the rumour resurfaces," Latz says. "More noise from the American press to sell a few more pounds of paper." METRO

No rom-coms for Radcliffe post-Potter

With the Harry Potter franchise behind him, Daniel Radcliffe is looking forward to new projects, but don't expect to see him in a romantic comedy anytime soon. "I don't want to make a boring love story about two people who meet and then are happy. That's boring, and that doesn't exist," Radcliffe tells MTV News. "I guess I like the dark stuff. I find it more interesting." METRO

The show will go on for Lopez, Anthony

Despite their recently announced separation, Jennifer Lopez and Marc Anthony are reportedly still doing a reality show together, according to Us Weekly. Q'Viva, the hotly anticipated celebration of Latin music, artistry and dance, is set to film this autumn in South America with Jennifer Lopez and Marc Anthony as previously announced. METRO

Celebrity tweets

"220 lbs this morning, started at 236.4 lbs"

@russellcrowe

@SteveMartinToGo

"I will feel so bad if I'm not one of the celebrities on the hacked list of the News of the World."

@SarahKSilverman

"Sometimes when I'm really lonely I talk to myself but I call myself 'you guys'"

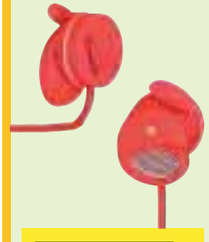
@nicolerichie

"Ladies, we need to find some big mouth guy to spread a rumor that sleeping all day is really sexy."

3 life

Fitness pick

Urbanears headphones
With the ear click solution securing the ear piece at two points, you can go cycling in the park or running along the beach without having to constantly fix your headphones back in place. MWN



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Married men more likely to get checked after heart attack scare

ISTOCK PHOTO

▶ You no longer need to worry about eating before you swim.

Eat up and dive in

Dispelling the myths surrounding swimming and chowing down ◗ University swim coach encourages his team to fuel up before their workouts ◗ Veggies, fruit and dairy help muscles

CELIA MILNE
LIFE@METRONEWS.CA

Still waiting for an hour to swim after eating?

For decades, our mothers have been warning that we need time to digest our food before jumping in the water.

Are they right?

"It's an old wives' tale," says Mike Blondal, a kinesiologist and head coach of the University of Calgary Dinos swim team, the current men's and women's Canadian Interuniversity Sport champions.

"We encourage our kids to eat while training. They'll have power bars or a bowl of nuts and then swim," he says.

"They need this for recovery before the next workout."

To avoid food before swimming would not be practical for many of Blondal's swimmers.

"We have students who are in class all day. They eat a sandwich on the way to the pool and then they swim."

If they ate a very large meal before swimming, he admits, they might feel bloated during the workout, and it may affect their performance, but it wouldn't be dangerous.

"I am sure no one has died because they ate before they went swimming," says Blondal.

The Dietitians of Canada recommend eating a variety of foods to fuel a healthy active lifestyle.

Vegetables and fruit, grains, and dairy products fuel active muscles during workouts.

Proteins such as meat and nuts, as well as milk, help to build and repair muscles after having a heavy workout.

Benefits

Here are some benefits of swimming listed by Dietitians of Canada at eatracker.ca.

- Improves cardiovascular fitness
- Improves flexibility
- Increases range of motion
- Reduces stress
- Provides a moderate-intensity aerobic activity, which helps prevent obesity and other chronic diseases

CELIA MILNE

Flavours live at Deadfish

This Caribbean eatery's menu boasts jerk salmon, curry goat, roti & more

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Deadfish Café & Lounge serves more than that. While there is some nice Manitoba walleye on the menu, the twist on Caribbean food is a nice flavour boost to Osborne Street.

Open just three months, the room is nicely divided into a casual lounge space and a darkly painted dining area.

The menu has all bases covered: sandwiches, salads, pizza and pasta.

But it's the addition of jerk salmon, aloo pie and a curry goat entrée that make this menu unique.

The Chicken Roti ($14) has nicely seasoned chunks of curried chicken, chickpeas and potatoes folded into a soft roti shell. It's served with your choice of a side salad or one of Deadfish's daily soups.

Despite the heat outdoors, I enjoy the light Roasted Roma Tomato Bisque.

A pleasant surprised is the homemade hot sauce I ask for on the side. It's only for those who can take the heat.

Deadfish Café & Lounge
1 - 167 Osborne St.
477-6609
Reservations: Yes
Licensed: Yes
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: Yes
Price range: $7 - $34
Rating: 4 out of 5

PAY CHEN

Chicken Roti with Roasted Roma Tomato Bisque

THE CANADIAN PRESS H/O

Thai Chicken Burger

Turn up the heat and combine frozen extra lean chicken burgers with a spicy peanut sauce, green onion, shredded carrot and chopped cilantro for a Thai-inspired meal.

Preparation:

1. In bowl, blend peanut butter with ketchup and chili pepper paste. Spread on hamburger buns. Grill burgers and top with green onions, carrots and cilantro to taste. **THE CANADIAN PRESS/ SOBEYS COMPLIMENTS BALANCE**

Ingredients:

- 45 ml (3 tbsp) peanut butter
- 15 ml (1 tbsp) ketchup
- 10 ml (2 tsp) chili pepper paste
- frozen chicken burgers

Garnish

- Chopped green onions
- Shredded carrots
- Cilantro sprigs

Salad in a snap — sugar snap that is

Preparation:

1. To blanch peas, bring pot of well-salted water to a boil. Prepare a large bowl of well-salted ice water and set it nearby. Add peas to boiling water, let water return to a boil, then cook for 2 mins. Remove peas from boiling water; plunge into ice water. When peas cold, drain and lay on paper towels to dry. Cut peas in half lengthwise, then set aside.

2. Coat a sauté pan with olive oil; add garlic and red pepper flakes. Set pan over medium heat and cook for 2 mins. Remove and discard garlic. Add prosciutto and cook for 3 mins. Add vinegar. Turn off heat.

3. In bowl, combine arugula, snap peas and onion, with prosciutto and juices from pan. Toss. Add pecorino and mint. **THE ASSOCIATED PRESS/ ANNE BURRELL'S COOK LIKE A ROCK STAR (CLARKSON POTTER, OCTOBER 2011)**

Ingredients:

- Kosher salt
- 500 g (1 lb) sugar snap peas, stem ends and strings removed
- Extra-virgin olive oil
- 1 clove garlic, smashed
- Pinch crushed red pepper
- 125 g (1/4 lb) prosciutto, thinly sliced thin and cut crosswise into 5-mm (1/4-inch) strips
- 50 ml (1/4 cup) red wine vinegar
- 500 ml (2 cups) baby arugula
- 1/2 small red onion, julienned
- 50 ml (1/4 cup) pecorino cheese, shaved
- 8 fresh mint leaves, sliced

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GUARD THIS PRECIOUS TIME

ISTOCK

▶ Who isn't excited at the thought of a newborn baby.

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Hi Charles the Butler!
I'm due to have my first baby in a few weeks. It's the first baby in our family for the past 25 years, so I understand that everyone is excited. However, all of my out-of-town family is now planning on coming to visit for the birth and for the weeks following. How do I tell my family that I'm more than happy that they all want to be here with me at such a special time, but that I need some privacy for a few weeks to get adjusted to all of this?

Wanting alone time with my baby

Dear Wanting alone time with my baby:

The birth of a new baby is an exciting event across all cultures and amongst all generations. Your somewhat overzealous family, however, is causing you anxiety and the baby has yet to even arrive!

I think this is a job for the father-to-be to make some good-natured telephone calls. He should say how excited you both are at their interest and support, but that until the birth has happened and everything is happy and healthy and settled we are asking that everyone please show some patience before we start booking visits.

The only person I think you should have in your home, other than your husband and new baby, is both of your respective mothers who may be eager to help. Their assistance will likely allow you to get some much-needed sleep. Don't let other family members guilt you into letting them come before they are welcome. Stand firm.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Your own values are great, but don't let them trap you

My life is solid at 37 — I am educated, have a successful career, am decent looking, fit, can carry on a conversation etc. However, I just haven't found the right woman yet. I am a romantic, in that I abstain and I am looking for a girl who is saving herself for the right guy. It's obviously harder to find that as the years go on. Are there any virgins out there?

(Im)patiently waiting

TWO SISTERS

ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

Claire: Dear (Im)patient,

I admire your conviction the way I admire the Space station: from afar, unable to comprehend how one actually gets there. I actually have two answers for you: the first is do your research — the web allows you to find anything you want, anywhere. There are websites for virgins just as there are websites for horrifying outfits spotted at Walmart — click away and see what comes. The second answer is that perhaps you need to do what fornicators do: compromise. The right girl for you may not be a virgin, but she may be very selective and as successful, decent looking and able to carry on a conversation as you are. Keep us posted. We want to hear how it goes!

Andrea: Dear (Im)patient,

Don't fret: there is a woman who's older than 13 out there for you. Virginity is pretty foreign to our North American culture ever since those darn hippies, but it's not abnormal across the globe — there are still pockets of people who share your thoughts. Incidentally, some also make it a law and kill people who break it, so I hope that you're a little more open-minded. Aside from biology, what do you think you'll get out of a virgin versus a veteran? If she makes you feel like a better man just by being around her, would you really care? My advice: keep looking, but don't get trapped in your own values.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.

Summer: Time for some healthy outdoor fun

School is out and the weather is warm; it's the perfect time to get your child involved in their favourite outdoor activities.

At My Best (atmybest.ca), a national school-based children's wellness program developed by AstraZeneca Canada and Physical and Health Education Canada, recommends activities that will increase your child's self esteem, foster a sense of belonging and get them moving. Here are some ways to get your child involved in healthy outdoor fun.

1. Team sports. Whether it's a pickup game of soccer at your local park or your child's school softball team, team sports are a fantastic way for your child to build friendships, learn the value of teamwork and get exercise.

2. Swimming. Bring along your child's friends and organize a game of water tag. Swimming is great exercise and fun, too.

3. Picnic. Pack a healthy lunch and take your family to the park. Organize an activity like a scavenger hunt — the first child to find 10 flowers, a smooth rock and a penny wins. NEWS CANADA

NEWS CANADA

▶ Kids can beat the heat at a local pool or lake.

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ASK FOR A RAISE

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Get ready to ask for a raise. Even an extra $1,000 can help you build your net worth.

According to the Society for Human Resource Management, 33 per cent of people say they're freaked out about salary negotiations, so they don't pursue it. Yet 80 per cent of recruiters and managers are willing to negotiate.

Step 1: Stick to the facts

Research comparable salaries for comparable jobs where you live. Use websites like Monster.ca, Workopolis, or Payscale.com.

If you belong to an association or alumni group, check whether they've got research on salaries and benefits you can review.

Salary is only one part of a total compensation package — there are other factors to consider such as benefits, stock options and retirement plans.

Tip 2: Set Goals

Once you've got your facts straight, set a realistic goal before you go in for negotiations. Perhaps you want a raise of three to five per cent. Or you may wish to focus on an actual number like $5,000.

Tip 3: Negotiate

Don't barge into your boss's office asking for a raise after they've had a hectic day. Wait until you both have time to sit down and talk.

It's also nice to give your boss a heads up about the nature of the discussion so that they can prepare. They may need to consult with an HR advisor about salary and benefit policies.

Another optimal time to discuss a raise is during a performance review.

The art of complaining

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

I complain from time to time ... at restaurants, that is ... but I also offer compliments when they're due.

Good restaurants appreciate this because it gives them an opportunity to fix a problem.

I know many people who've had a bad experience at a restaurant but don't say a word.

They walk away grumbling, feeling they've wasted their money.

But the right word in the right ear can make everything so much better.

There's an art to complaining. Always try to be nice about it, and if there was something good about the meal, either the food or the service, mention that at the same time.

ISTOCK

▶ A well handled complaint can help improve service.

If you do it right, everyone leaves happy. Best of all, a well-handled complaint can be a teaching moment for your kids.

About 10 years ago I had dinner with my daughter, then around 16 years old, at an upscale family restaurant in California.

The food was excellent and the young waitress worked hard to please us.

But, there was one small problem. My daughter hates onions on her hamburger, as we told the waitress, but when it arrived there they were. It wasn't a big deal; they were easily picked off.

I thought about letting it pass but elected to say something when the waitress asked us how we were enjoying the food.

"The food was great," I told her. "I know this isn't your fault but there were onions on the hamburger. She ate it anyway, but I thought you should know."

The waitress thanked me and the next thing I knew the manager was telling me we wouldn't have to pay for the hamburger.

I declined the offer because there was no harm done.

Of course, my daughter, being a teen, was mortified.

The waitress must have noticed because she took the time to thank me again for bringing it to her notice.

"It's important that the kitchen staff pay attention to the food orders," she said.

"What if it's an allergy issue and the person gets sick because the staff didn't look at the order?"

My daughter was a lot less mortified when the manager gave us two free pieces of chocolate cake. And the waitress received a good tip.

Are you on track for your retirement?

Pension income statements are often hard to understand and lack personalized recommendations and suggestions

Like millions of Canadians, if you have a pension or retirement savings plan with your employer, you likely receive a group pension financial statement or member statement at least once or twice a year.

But many Canadians can be intimidated by the overly technical financial jargon of these statements and just toss them away.

For this reason, Standard Life recently developed a series of short videos to help people better understand their group retirement statements. Here are some tips on what to look for on the new statement featured in the YouTube videos.

How am I doing?

The first video examines the information you need to determine the value and growth rate of your investments since your last statement: your closing value numbers, the growth in your plan's value figures and your rate of return figures, all of which can be found on the statement.

ISTOCK

Are you on track?

To know the answer to this question, the second video helps explain and review on your statement where to find your retirement projection and goal and the potential difference in these two that is called the gap.

What could you do to reach your retirement goal?

Learn how to use your statement as a tool. It often points out actions you can take right away and gives suggestions to help if you realize there is a gap between your retirement income projection and your goal, such as updating your investor profile, increasing contributions or revising your personal budget.

NEWS CANADA

5000 BTU
Window Air Conditioner
Sale Price $79.99
Danby window air conditioner, beat the heat with this 5000 BTU unit. Cools up to 200 square feet. Quite operation , multi speed selection. Limit stock don't wait act now and beat the heat.
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POPQUIZ
What should you do with your tax return money?
A: Hurray! Time for a shopping road trip to the US!
B: Save some, invest some, pay off debts and then reward yourself!
FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
Sponsored by:
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4 sports

Tour de France. Rest day

▶ Three-time Tour de France winner Alberto Contador leans on a mailbox as he waits to begin training yesterday.

THE ASSOCIATED PRESS

Contador has steep climb ahead in quest for fourth Tour victory

Alberto Contador knows he is running out of time, and stages, to close the gap on his Tour de France rivals. After 15 of 21 stages, the Spaniard says this year's race is "probably the hardest Tour I've done," with a combination of bad luck and a niggling knee injury making it difficult for him to launch his trademark attacks in the mountains. A fourth Tour title is still within Contador's grasp, but he must first find a way to claw back a four-minute deficit on race leader Thomas Voeckler.

Quoted

"I have not been to bed yet. I probably won't get any sleep until tomorrow at some stage. You have to enjoy it while you can ... It's been a very good night."

BRITISH OPEN WINNER DARREN CLARKE. THE 42-YEAR-OLD FROM NORTHERN IRELAND BEGAN PARTYING SHORTLY AFTER HE WALKED OFF THE 18TH GREEN ON SUNDAY. BEER AND RED WINE FLOWED THROUGH THE NIGHT, THE REVELRY NOT LETTING UP UNTIL CLARKE RETURNED TO ROYAL ST. GEORGE'S YESTERDAY MORNING.

Can NFL season be saved?

League to update team execs if labour deal approved Thursday, sources say Topics would reportedly include the rookie salary system, guidelines for player transactions

Two people familiar with talks to end the NFL lockout tell The Associated Press that if an agreement is ratified by Thursday, team executives will be briefed starting that day on how the deal's terms affect league business.

The people said the league's 32 clubs were told yesterday that topics would include the rookie salary system and guidelines for player transactions. They spoke to the AP on condition of anonymity because the process is supposed to remain confidential.

Owners are scheduled to hold a meeting in Atlanta on Thursday, where they could ratify a new labour contract — if one is reached by then. Club executives would be briefed in Atlanta on Thursday and Friday.

Any tentative agreement also must be approved by players, including star quarterbacks Tom Brady, Peyton Manning and Drew Brees and the other plaintiffs in a federal antitrust suit against the league.

Members of the NFL Players Association's executive committee and representatives of every team are heading to Washington tomorrow, in preparation for a possible vote.

NFLPA spokesman George Atallah said the players would be gathering "with the hope they have something to look at, and with the hope we can move forward on this."

Lawyers for the NFLPA and owners met yesterday in Manhattan to work on ending the lockout. They were joined in the afternoon by the court-appointed mediator, U.S. Magistrate Judge Arthur Boylan.

"Nobody cheers for you at Mile 25 of a marathon. You still have to cross the finish line."

NFLPA SPOKESMAN GEORGE ATALLAH

"The lawyers are hard at work in New York with the language and some of the things we agreed to last week," Atallah said in Washington. "As for face-to-face meetings between the principals, we will do that as necessary."

One issue still in the way, according to one person from each side of the dispute who also spoke on condition of anonymity, is players want owners to turn over $320 million US in benefits that weren't paid during the 2010 season. Because there was no salary cap that season, the old collective bargaining agreement said NFL teams were not required to pay those benefits.

THE ASSOCIATED PRESS

Wheeler signs on with Jets

The Winnipeg Jets have re-signed winger Blake Wheeler to a new contract.

The deal, announced yesterday, is reportedly worth $5.1 million US over two seasons.

Wheeler joined Atlanta last February in a trade with Boston that also brought defenceman Mark Stuart.

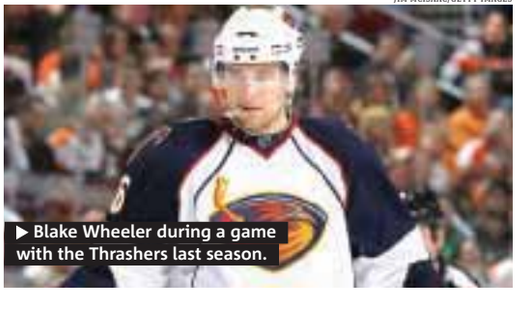
He appeared in 23 games for the Thrashers, recording seven goals and 10 assists. He had 27 points last season with the Bruins.

The Robbinsdale, Minn., native, who was drafted by Phoenix in 2004, has 57 goals and 70 assists over three NHL seasons.

The Jets also announced new contracts with defenceman Brett Festerling, centre Riley Holzapfel, defenceman Arturs Kulda, winger Spencer Machacek, centre Ben Maxwell and right winger Kenndal McArdle.

THE CANADIAN PRESS

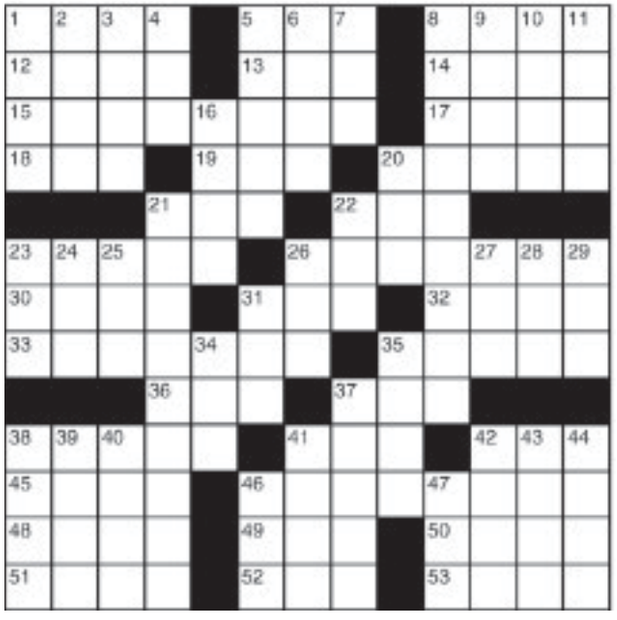
JIM MCISAAC/GETTY IMAGES



▶ Blake Wheeler during a game with the Thrashers last season.

Scan code for more sports.

Crossword



Across

1 Completely occupy
5 Bashful
8 Taxis
12 Vicinity
13 Started
14 Fairy tale baddie
15 Hides
17 Tide type
18 Halves of ems
19 Tear
20 No liability
21 Prisoner
22 Insecticide letters
23 Choir members
26 Interpret wrongly
30 Bridle strap
31 Peace (Lat.)
32 Very unattractive
33 The Alamo, e.g.
35 Range
36 Explosive letters
37 Write in the margins
38 Hybrid eating utensil
41 Triumphed
42 Luau bowlful
45 Arizona tribe
46 Solidifies
48 Oil cartel
49 In vitro cells
50 Billion (Pref.)
51 Fender bender
52 Affirmative
53 Black and white?

Down

1 Confront
2 Press
3 Camera part
4 Fond du —, Wis.
5 Dispatched
6 Aid
7 Football meas.
8 Build
9 A very long time
10 Highland hillside
11 Labor Day mo.
16 Love god
20 Billboards
21 Squeeze
22 New Jersey fort
23 Upper limb
24 Floral garland
25 "— the season ..."
26 Fellow
27 Id counterpart
28 Swiss mountain
29 Colouring agent
31 Cauldron
34 Tattooist's supply
35 Melody
37 Surname of singing siblings Joe, Nick and Kevin
38 Not barefoot
39 Vatican VIP
40 Remove the lid
41 Used a loom
42 Twosome
43 Gymnast Korbut
44 "— a Little Prayer"
46 Demure
47 Silly Putty container

▶ Monday's answer

Sudoku

		4	7		2	6		
	9	5		1			4	
7		2				1	5	3
4			6		9			7
	6			7			3	
8			2		3			5
1	4	6				3		9
	2			3		5	8	
		8	9		7	4		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

3	8	6	1	9	2	7	4	5
9	4	2	3	7	5	6	1	8
7	5	1	8	4	6	2	9	3
5	2	7	4	1	9	3	8	6
6	1	8	2	3	7	9	5	4
4	3	9	5	6	8	1	2	7
1	9	3	7	5	4	8	6	2
8	7	4	6	2	1	5	3	9
2	6	5	9	8	3	4	7	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Christian the Great, You are far more interesting than you are good looking. Embrace the heat.
ELENORE

Steven, hope your having fun at Auntie Aimee and uncle Dans!!! I miss you very much cant wait for you to come home love you pooh bear!!!!!!!!!!!!!! Xxxxxxxxxxxxxxxxoooooooooooooooo
GRANDMA PATTIE

Hon, how much I missed you and miss you, do you have any clue? There is not a single second I don't think about you. How are you my love?
BROWN LOVER LOOKING 4U

A look at the weather

Jenna Khan, Weather Specialist
BREAKFAST TELEVISION

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

TODAY	WEDNESDAY	THURSDAY
Min 22° Max 32°	Min 19° Max 30°	Min 17° Max 26°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Don't take risks today, and especially don't take risks with your money.

♉ Taurus April 21-May 21 If you step out of line today there will be someone waiting to pounce on your mistake.

♊ Gemini May 22-June 21 You don't need to push your luck today, you just need to be yourself.

♋ Cancer June 22-July 22 Steer clear of extremes.

♌ Leo July 23-Aug.23 You can, of course, get what it is you desire through sheer force of personality, but a better way by far is to get it through charm and cooperation.

♍ Virgo Aug. 24- Sept. 22 You may have done something wonderful (you often do) but resist the urge to brag about it.

♎ Libra Sept. 23-Oct. 23 No matter how lucky you feel you must not take foolish risks, because once you start you won't be able to stop.

♏ Scorpio Oct. 24-Nov. 22 You want to be trusting, you want to believe that people won't let you down, but your suspicious nature won't allow it.

♐ Sagittarius Nov. 23-Dec. 21 Everyone has faults, even a Sag, and there is no shame in admitting that fact to yourself.

♑ Capricorn Dec. 22-Jan. 20 Listen to what your sixth sense is trying to tell you, even if your logic circuits can make no sense of it.

♒ Aquarius Jan. 21-Feb. 18 Decide what your priority is going to be and stick with it come what may.

♓ Pisces Feb. 19-March 20. Don't let it annoy you that some people question the things you most deeply believe in.

SALLY BROMPTON

Caption contest

PETR DAVID JOSEK/THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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THE 2011 IMPREZA
Would you like your bonus super-sized?
$1,000 BONUS ACCESSORIES
2011 Impreza 2.5i
Lease rates 48 mos., as low as 2.9%**
Payment/mo. for 48 months $229*
SUBARU
2537 Pembina Hwy

THE 2011 IMPREZA

Would you like your bonus super-sized?

2011 Impreza 2.5i

TOP SAFETY PICK 2011 The only manufacturer with 2011 IIHS Top Safety Picks for all models.▲

2011 RESIDUAL VALUE AWARD alg ALG AWARD WINNER ALG - Residual Value Award. Best mainstream brand♦

City 10.8/Hwy 7.4 (L/100 km)#

$1,000 JULY BONUS ACCESSORIES†

Right now you'll get $1,000 in bonus accessories of your choice with the already loaded 2011 Impreza. It comes with Subaru's famed symmetrical All-Wheel Drive, 2.5L 170HP BOXER engine, and has been named a Top Safety Pick. Come in for a test drive and put your wish list of extras together today.

Lease rates 48 mos., as low as **2.9%**** | **Payment/mo.** for 48 months **$229***

SUBARU

2537 Pembina Hwy

Lease offer valid on new 2011 Impreza 2.5i 5MT 4-Door (BF1 BP) models. MSRP of $20,995. Payment of *$229.09/mo. based on a 24,000 kilometre per year lease with excess charge of $0.10/km. **2.9% lease rate for a 48 mo. term with $3,450.00 down. Total lease obligation is $10,996.32. The residual value at the end of term is $9,867.65. Freight & PDI ($1,525), documentation fees ($395), and Air and Tire Tax ($122.50), are included in payment. Lease security deposit & PPSA included. License, insurance, registration & taxes, extra. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. †$1,000 July Bonus Accessories offer applies only to lease, finance, or cash purchases for select new 2011 Impreza models: BG1 BP, BG2 BP, BG1 CP, BG2 CP, BG1 SP, BG2 SP, BF1 BP, BF2 BP, BF1 CP, BF2 CP, BF1 SP, BF2 SP. Dealers may sell for less. Dealer order/trade may be necessary. */**/†Offers valid until July 31, 2011. See your local Subaru dealer or www.western.subarudealer.ca for complete details. ▲Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. ♦Based on ALG's 2011 Residual Value Award for any mainstream brand. #Based on Natural Resources Canada's rating for a 2011 Impreza 2.5L MT. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load.